

**ABSTRACT OF THE DISCLOSURE**

5 This invention relates to a fully adjustable personal cooling and heating system specifically designed to provide several hours of high efficiency cooling or heating when worn and operated by a user. This combination personal cooling and heating system invention is capable of delivering several hours of high efficiency personal cooling or heating without the use of caustic or toxic chemicals with virtually no risk of injury associated with its use. This personal cooling and heating system invention is lightweight and durable in construction and specifically designed for use in harsh climatic conditions where access to refrigeration and heating are limited or  
10 unavailable.